

# Williamstown Historical Museum

## Newsletter

Williamstown, Massachusetts

Autumn 2016

### Moving Ahead!

As we progress toward our official move date late this month, we are working diligently to prepare the South Center School for our exhibits, research room and office. Our goal is to transform the historic South Center School into a history center that town residents can be proud of. We aim to Uphold best practices when caring for the artifacts that have been entrusted to us and the collections area layout and the former "Cubs" room for Little Red into an organized archive with climate control to ensure the safety of the collection. This significant change to the space was done with sensitivity and careful consideration. We are pleased with our accomplishments in the collections area at the SCS where we assembled shelves and carefully transported our collection of historic artifacts from the Milne Library location to the new WHM headquarters. Shelf assembly was a challenge that tested the mental and physical strength of all involved.

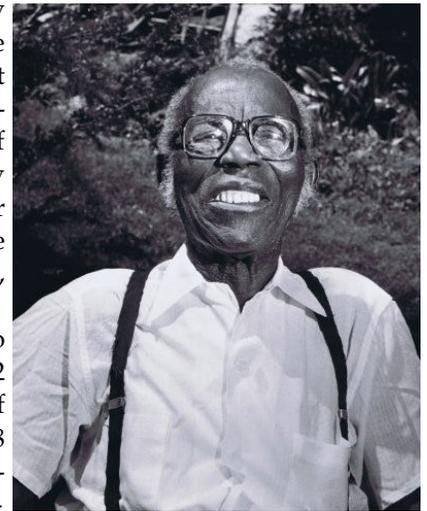
The museum's research facilities and collection will be ready for use in mid-April, while our permanent and temporary exhibits will take more time to curate and assemble. We are eager to show you around our new headquarters and encourage you to visit after April 15, or call to set up an appointment if there is a pressing need. We look forward to celebrating the opening of our temporary and permanent exhibit space with a community-wide celebration this summer and hope you will join us. Details will follow in future communications from the WHM.

As the WHM prepares to open its doors, we anticipate that weekends will be desirable times for visitors to experience Williamstown's history through our exhibits. We aim to be open on weekends throughout the summer and hope you will help us by volunteering for a regular or intermittent one or two hour docent shift. Our best candidates are not necessarily academics who are deeply versed in Williamstown's history, but residents who want to learn more about our town and contribute to a growing organization with a bright future. Contact me at 413.458.2160 or [sarah@williamstownhistoricalmuseum.org](mailto:sarah@williamstownhistoricalmuseum.org) to learn more about how you can help the WHM! I look forward to hearing from you soon.

### Food and Football The Story of Harry Hart, Sr.

By Noah Betz-Richman

Sports have been an important part of the Williams College experience since Williams and Amherst competed in the first intercollegiate baseball game in the summer of 1859. This began a tradition of athletic excellence that continues through the present day, more than 150 years later. The Ephs have won the National Association of Collegiate Directors of Athletics, Division III Directors' Cup 16 of the 18 years since its establishment. Williams' athletes today look for a competitive edge through frequent workouts and practices. For the first half of the century they found an edge in their diets, thanks to the work of Harry Hart, Sr.



**Harry Hart, Sr. photographed by  
Randy Trabold, date unknown**

Hart moved to Williamstown in 1902 and worked as a chef for the college for 48 years, including extensive work on the training table for the football team. In 1951, he published *Harry H. Hart's Favorite Recipes of Williams College*, in which he documents daily meals served to the football players for the month of September, 1950.

Hart was proud to work with the football team, and believed his dietary methods were responsible for helping players reach and maintain a healthy playing weight. His book includes meticulously recorded logs of players' daily weights, which Hart used to ensure his diets were effective. He believed his menus helped produce "two champion teams" in 1949 and 1950. Actually, from 1949 to 1951 Williams Football went undefeated in the Little Three, defeating Amherst and Wesleyan three times

*Harry Hart: continued on page 2*

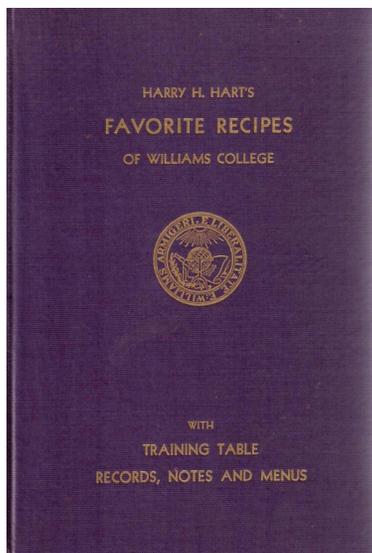
## Harry Hart: Continued

each with a collective score of 181-40 (on average winning 30-7 per game).

During this time period, weight lifting and strength training routines were frowned upon by college football coaches; it was not until 1969 that Boyd Epley introduced modern-day strength and conditioning for athletes at the University of Nebraska. Prior to Epley's program, coaches believed weight lifting was detrimental to athleticism and would cause players to become slower.

As a result, it is unlikely that Williams was using any sort of strength training regimen during Hart's tenure as chef for the football team. His diets took on extra importance as a means of gaining an edge over the competition. Hart's focus on controlling weight reflects national coaching philosophies of avoiding muscle development gains. In his book, Hart claims, "Their weights and the ensuing printed hearty menus of the controlled diet proves the point of the amazing control of weights in this training diet."

Hart developed his menus during the early days of scientific research on sports nutrition, the beginnings of which were around the 1930s. Prior to the early research, sports nutrition was resoundingly unscientific and even dangerous.



**Harry H. Hart's Favorite Recipes of Williams College, 1951**

One anecdote cites a case in which Olympic marathoner Thomas Hicks was given shots of brandy, egg whites, and a substance later used as rat poison in the middle of his race in lieu of water, which he had requested.

Though he won the gold medal, he was unable to accept his trophy due to his condition of medical distress.

By the time Hart had developed his menus, sports nutrition had evolved, and scientists understood the basics. However, it was not until the 1960s that scientific research developed sufficiently to understand more complex nutritional concepts like muscle glycogen storage and protein synthesis.

Hart's menus are thus mostly the result of folk wisdom and trial and error. Hart recognized the importance of protein in athletes' diets, but believed that "Steak and Roast beef are the most valuable protein for developing the strength of an athlete."

Today, nutritionists tend to advise athletes to eat leaner sources of protein, such as grilled chicken, fish, or egg whites, as they tend to have lower concentrations of fat and carbohydrates.

Hart was rigorous in his diets, carefully controlling the portions of meat served each day in an effort to gradually increase servings from six ounces to 14 ounces as players reached their playing weights. Hart was also a fan of parsley, because it has a high iron content, which is important for producing blood. Athletes were also served celery, radishes and olives daily, as well as a variety of fruit preserves. On game days, players were served a breakfast of toast, steak, and a potato precisely four hours before the start of the game.

In addition to his role as chef and sports nutritionist, Hart was a respected figure in the community. He received various awards for saving the lives of community members on three separate occasions. He enjoyed fishing and hunting, and served as president of the Williamstown Fish and Game Protective Association. It is hard to say exactly how much credit Hart deserves for the football team's enormous success, but his impact on the community is undeniable.

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## We're Moving!: Continued



**The Research area before minor construction**

concludes, we reflect on our time in this special location.. We are so very grateful for the strong relationship that has been forged between the WHM and the Milne Public Library. We hope to continue to hold a number of our lectures at the Milne and we look forward to maintaining a long-lasting connection with the library in the years to come.

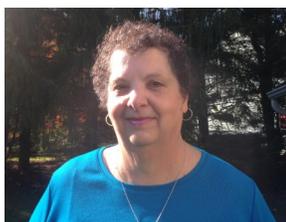
We will share more about our upcoming move very soon and invite you to email or call with questions [sarah@williamstownhistoricalmuseum.org](mailto:sarah@williamstownhistoricalmuseum.org) or 413.458.2160.



**The Exhibit Room as renovations begin**

## President's Remarks

By Kathy Thompson



Kathy Thompson  
WHM President

I am honored to have been elected President of the Williamstown Historical Museum. The past five months have been a very active time for us. A major accomplishment has been the signing of a 50 year lease with the Town of Williamstown, making South Center School (formerly the Little Red School House) our new home.

Renovations are moving ahead and in a timely fashion. We are all anxious to have you see the results. The progress could not be made without the kind support of the Membership and our Friends. A fundraising campaign to cover the expenses of the renovation is underway. Your generous support of this special request will make all the difference.

I am looking forward to seeing you at our upcoming lectures and events, and at the new Williamstown Historical Museum in the late spring of 2017.

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## Bahlman Looks Back

By D. R. Bahlman

● Alarmed by various signs of the times 50 years ago, some readers of the *Williamstown News* prevailed on the newspaper's editor, Edward F. Smith, to reprint an editorial from the *San Francisco Examiner* that had been making the rounds.

● The March 1966 editorial was a call for civility in the national debate on issues including "free love" and obscenity. The *Examiner* decried a "high court" decision that "labels yesterday's smut as today's literature." It also pointed to a "campaign launched to bring acceptance to homosexuality" and to birth control counseling for high school girls as further evidence of the decay of the nation's morals and patriotism.

● It's anyone's guess where the readers of the *Williamstown News*, or the paper's editor, stood on these issues, but the popularity of the editorial (it was reprinted throughout the country) was more than likely rooted in its call for civilized discourse.

● A two-story house at the corner of Spring

Street and Bank Street was sold in 1966 by Williams College to Gerald L. Maloney. A popular barber who worked at St. Pierre's Barber Shop on Spring Street, Maloney had the house razed and later constructed the town's first new commercial building in 43 years. The complex housed, among other businesses, The Clip Shop and The Purple Pub. After fire severely damaged the Pub and several other businesses in March, 2007, the building was demolished.

● For the first time in its history, Williams College granted tenure to a woman. On the occasion of her appointment in 1966, Doris deKeyserlingk, who taught Russian at the college, was asked what it was like being "the only woman professor" on a virtually all-male faculty. "I really don't think it makes any difference," she replied. "There are men at women's colleges, aren't there?"

● One of the town's leading citizens died in 1966 at age 79. William Cartwright of Southworth Street worked in the treasurer's office at Williams from his graduation in 1911 until his retirement in 1956. A gifted amateur ornithologist, he wrote a weekly column about birds for the *Williamstown News*.

A lifelong bachelor, Cartwright was a familiar figure. He walked nearly everywhere, usually dressed in a somber black suit and leaning lightly on the cane he used as a result of wounds suffered in World War I. None of the newspaper accounts of Cartwright's life and career mention his military service.

Active in community affairs, Cartwright served for many years as local treasurer for Save the Children.



Williamstown Municipal Building, c. 1965

● A new town hall opened 50 years ago this year. After undergoing renovations costing some \$40,000, the former Phi Gamma Delta fraternity house on North Street became the new home of town offices, which previously had been situated near the intersection of Water Street and Main Street.

Williamstown  
Historical  
Museum

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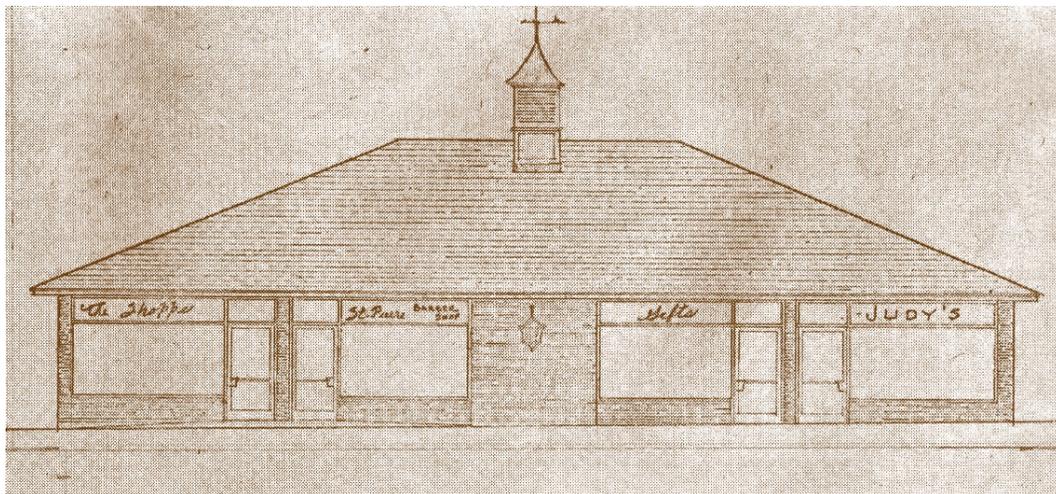
Mail to: Williamstown Historical Museum  
1095 Main Street  
Williamstown, MA 01267

ENCLOSED is my membership contribution for:

\_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$250 \_\_\_\_\_ \$500 \_\_\_\_\_ Other

My EMAIL is: \_\_\_\_\_

In 1966 a residence at the corner of Spring Street and Bank Street (left above) was demolished to make way for a new building which housed shops until 2007 when it burned and was razed. The location is currently undeveloped and serves as a pocket park.



# Williamstown Historical Museum

1095 Main Street, Williamstown, MA 01267